

Mindful Medicine

A humanistic approach to a person suffering from
chronic Lyme disease

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Who is the person?

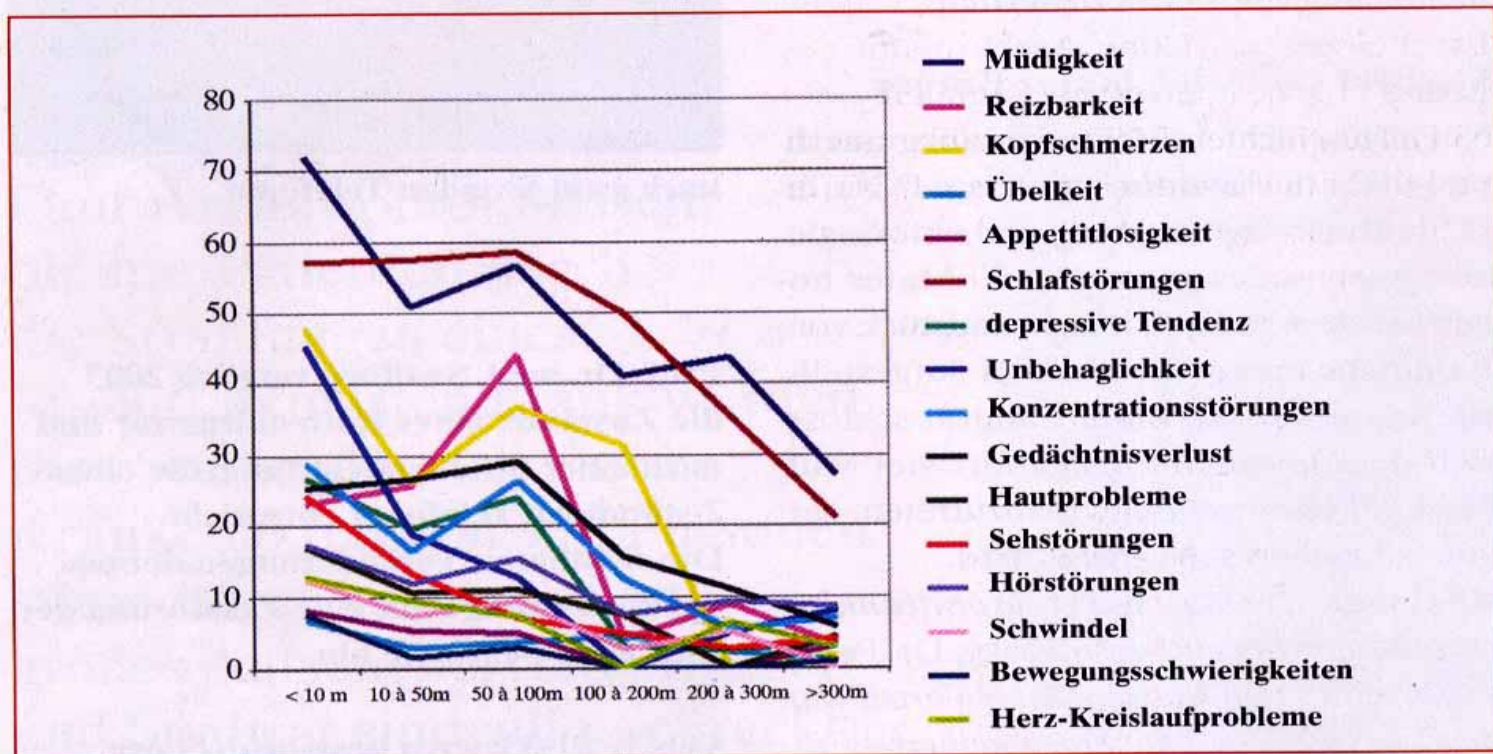
We are all defined by 4 relationships

1. Relationship to **others**: ancestors, parents, family, friends, acquaintances, colleagues, community, country, religious group. Relationships can be supportive and giving, or destructive and taking. Treatment: with friends and colleagues we have a choice: “work” on relationship or move away. Family: heal the bond (constellation work, systemic PK)
2. Relationship to **oneself** (relations between the sub-personalities). Dis-chord creates disfunction in all subsystems: chakras, meridians, nervous system, metabolism, hormonal and digestive system, etc. Treatment: psychotherapy, changing the inner dialogue. Changing bad habits to healthy ones
3. Relationship to nature and **material world**: money, things, house and home, the surrounding nature, nature at large. Treatment: careful look. Am I exploiting nature with my investments and my type of work or am I a good steward of the land. How do I use my money?
4. Relationship to the **devine**. What happens when we die?

- **Where and how does the person live?**

- Alone , with partner, with family members, with friends?
- Water damage in home? Mold? Diagnosis: symptoms, www.mycometrics.com, VCS, C3a, C4a, TGF beta1, mycotoxin urine test, serum mold panel
- Exposure to electric and magnetic fields: body voltage, switch off all fuses for 6 weeks: better or worse? Treatment: turn breakers off at night
- Exposure to microwave: wireless? Chordless phones? Smart meters? Baby monitors? Alarm system? Diagnosis: measure with appropriate instrument (www.GigahertzSolutions). Treatment: move, or sleep sanctuary, wall shielding paint (Y-shield)
- VOCs? Carpets? Wall paint? – remove carpets!
- Make home a sanctuary! Use electronics only when you use them! Don't bathe in electrosmog when you don't have to
- Use CES unit 20 min in mid morning, 20 min in evening

High Frequency EMR: the R.Santini PhD Study



Dr. R. Santini untersuchte 1999 den Zusammenhang zwischen dem Auftreten bestimmter Krankheiten und der Nähe zu Mobilfunk-Basisstationen in Frankreich. Anhand einer Befragung von 530 Personen kam er zu dem Ergebnis, dass sich innerhalb einer 300 m Zone folgende Symptome häufen: Müdigkeit, Schlafstörungen, Reizbarkeit, Kopfschmerzen, Gedächtnisverlust, Konzentrationschwierigkeiten etc.

www.funkenflug.de

Brain proteome response following whole body exposure of mice to mobile phone or wireless DECT base radiation

Electromagnetic Biology and Medicine; Posted online on January 20, 2012.

(doi:10.3109/15368378.2011.631068 (1–25)Adamantia F. Fragopoulou^{et al}

Department of Cell Biology and Biophysics, Athens University,

Abstract:

The objective of this study was to investigate the effects of two sources of electromagnetic fields (EMFs) on the proteome of cerebellum, hippocampus, and frontal lobe in Balb/c mice following long-term whole body irradiation. Three equally divided groups of animals (6 animals/group) were used; the first group was exposed to a **typical mobile phone**, at a SAR level range of 0.17–0.37 W/kg for 3 h daily for 8 months, the second group was exposed to a **wireless DECT base** (Digital Enhanced Cordless Telecommunications/Telephone) at a SAR level

range of 0.012–0.028 W/kg for 8 h/day also for 8 months and the third group comprised the sham-exposed animals. Comparative proteomics analysis revealed that long-term irradiation **from both EMF sources altered significantly ($p < 0.05$) the expression of 143 proteins** in total (as low as 0.003 fold downregulation up to 114 fold overexpression). Several neural function related proteins (i.e., Glial Fibrillary Acidic Protein (GFAP), Alpha synuclein, Glia Maturation Factor beta (GMF), and apolipoprotein E (apoE)), heat shock proteins, and cytoskeletal proteins (i.e., Neurofilaments and tropomodulin) are included in this list as well as proteins of the brain metabolism (i.e., Aspartate aminotransferase, Glutamate dehydrogenase) to nearly all brain regions studied. Western blot analysis on selected proteins confirmed the proteomics data. The observed protein expression changes may be related to brain plasticity alterations, indicative of oxidative stress in the nervous system or involved in apoptosis and might potentially explain human health hazards reported so far, such as headaches, sleep disturbance, fatigue, memory deficits, and brain tumor long-term induction under similar exposure conditions

Treatment of electromog in a "sick" sleeping location:
the Faraday canopy



- **How does the person live?**

- Does the person a. exercise? 30 minutes walking = most natural and necessary exercise. History of overdoing it before getting ill is common!
 - b. meditate or pray? Clears all subsystems, opens access to higher sources of vital energy
- Diet: different phases in life require different types of diet: children need high protein, high fish oil, less vegetarian approach. The older we get, the less calories we need (if the parasites are treated), the more vegetarian our diet should be. Blood group diet and metabolic typing are good tools, the new nutrigenomics is coming, but not there yet . www.mercola.com gives good and relevant guidance to both diet and exercise. Always suspect and rule out gluten sensitivity
- How much time is spend on joyful activities? Has the person given in to the illness? Does life revolve around taking vitamins? When did you stop dancing and singing?
- Genetics: look at illness patterns in 3 generational genogram and children. Estrogenomics and Detox genomics are helpful, also R.Shoemakers haplotyping

• Toxic history

- Where did person grow up? New Jersey? Downwind from farm or nuclear plant? Garbage incinerator?
- Where did daddy work? Spraying insecticides? Toxic job coming home in contaminated clothes? Asbestos in the heating ducts of family home?
- What water did person drink as a child? Leaded? Clean?
- What jobs did person have? As a teenager? Gas station? Blacktopping roads?

Dental assistant? Airline anything?

- How much exposure to computers? Labtops or stationary? Outgassing of chemicals, strong EMF stress. Visual and thyroid stress.
- Dental history: root fillings, infections, amalgam mercury fillings?

How much can a person take before the system crashes? Is Lyme primary or just the last straw that broke the camels back?

- Commonly overlooked issues in the chronic Lyme patient

1. The **overactive** but confused **immune system**. Lab: TGF beta 1, C3a, C4a, CD 57. Low wbc. Higher LDL cholesterol

Treatment: Homeo K Harmony 10 drops twice daily. Reset desynchronized brain waves: CES 20 min mid morning, 20 min mid evening. High dose BioPure chlorella (15-20 tbl 3 times daily 30 min before meals and high dose fish oil. Use Klinghardt MFT “tap and tone”

2. Many symptoms are related to backlog of **unprocessed biotoxins**. Detox strategies:

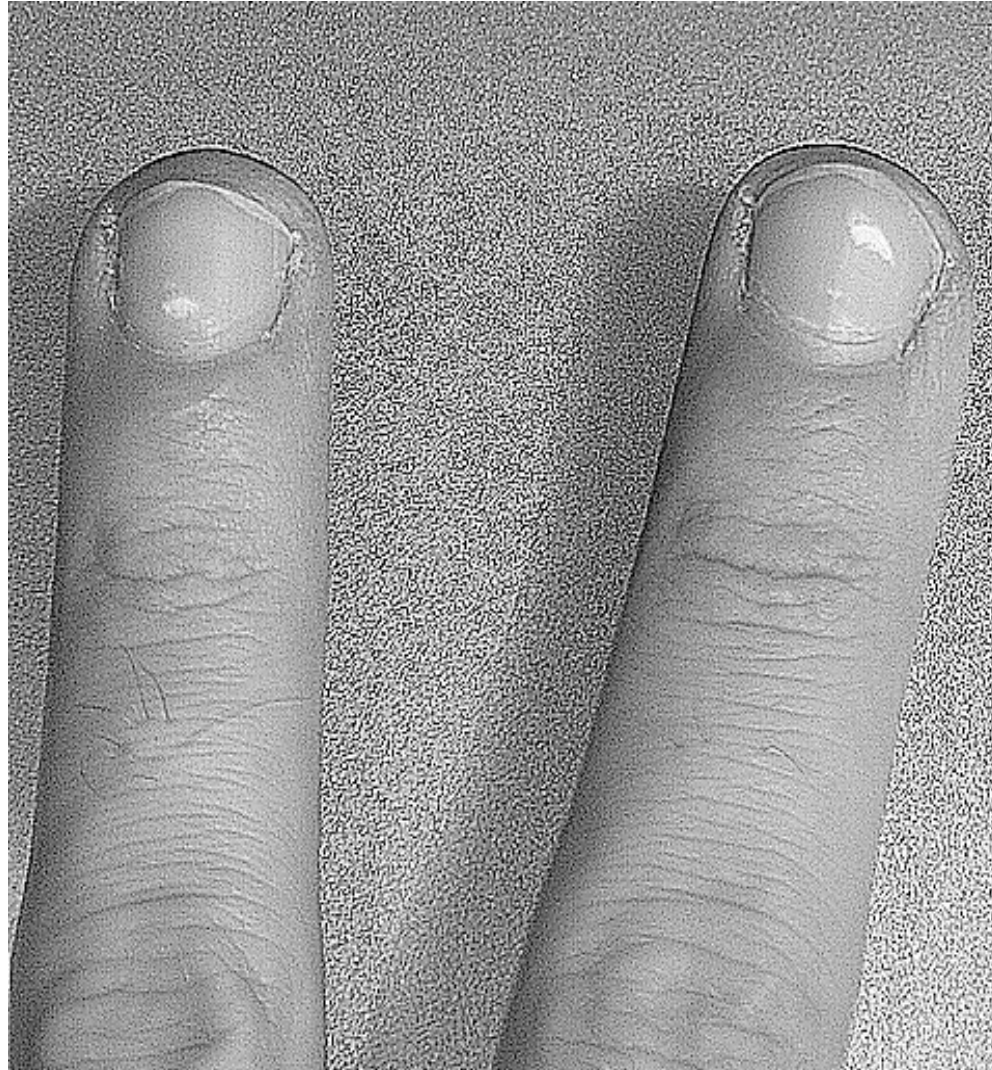
- a. high zinc and manganese counteract many of them. Use Core 4-8 caps/day with meals (also treats HPU)

- b. Biological toxin binding agents: chlorella, clay, MicroSilica

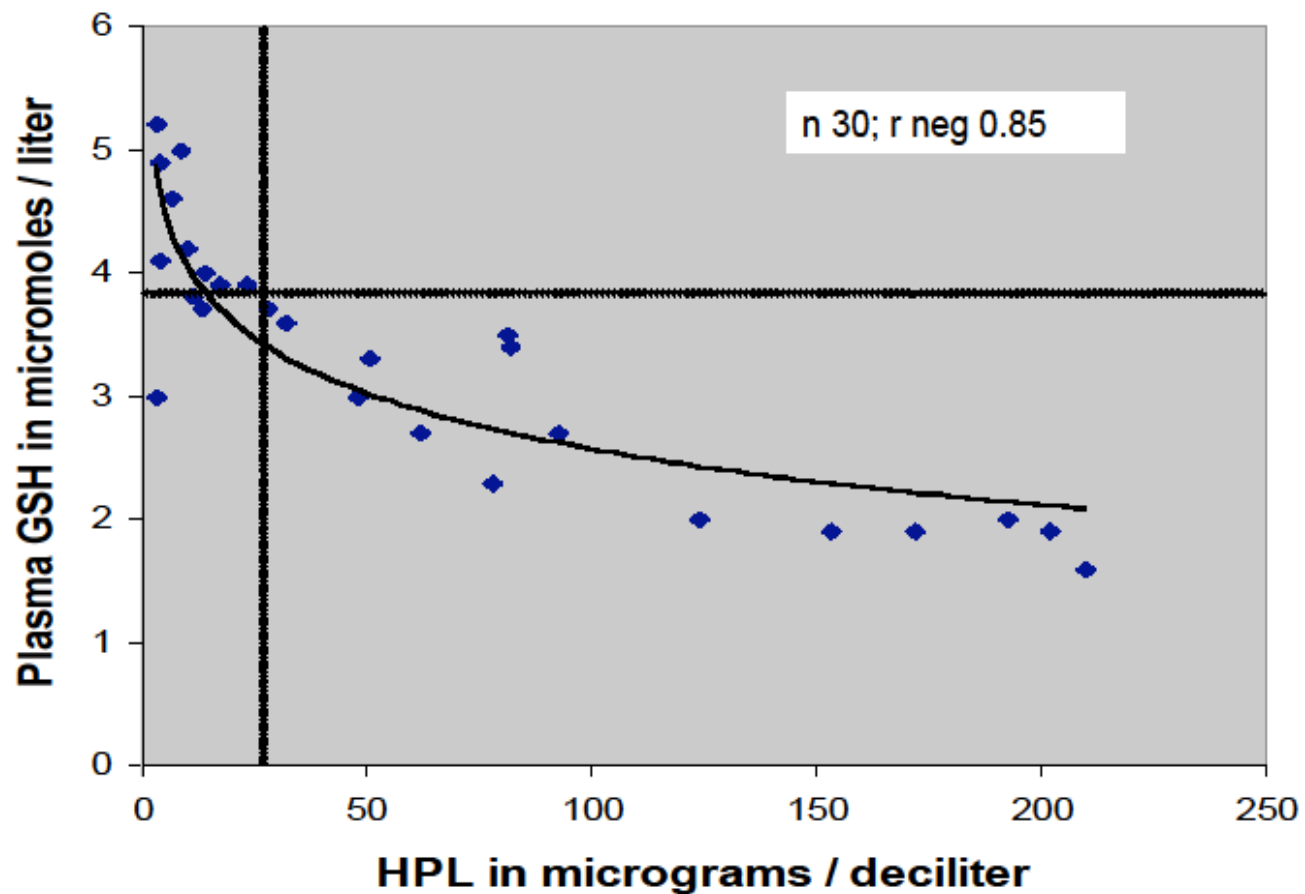
- c. Biological toxin mobilizers: Homeo K Merc, cilantro, MatrixMetals spray

I would never attempt a Lyme treatment before putting these right. We also use colonics, enemas, lymphatic drainage, trampoline jumping, walking, EECp, body vibration to mobilize toxins from their hiding places

Leukodynia: trouble with zinc



HPL and Plasma Reduced Glutathione



3. Hidden dental issues

The teeth sit on branches of the trigeminal nerve and have from here connections to virtually every part of the brain. Dental materials signal to the rest of the body. Habituating the system to mercury by placing mercury on the teeth blinds the system to the presence of mercury and leads to catastrophic Bioaccumulation.

Root fillings are often toxic

The bite works like a structural guidance system that balances everything – or brings everything out of balance

The evaluation of dental contribution to illness by an experienced naturopath, medical doctor, osteopath or dentist is a must. Most corrections have to be done by a biological dentist. Exception: aqualizer.com. Liptrainer.com.

Fceformer.com

4. Parasites

For me most Lyme treatments start with a parasite cleanse that may take months and is most often very rewarding, but overlooked in most practices

Rectal use of f.d. garlic: dissolve 1-2 caps in 1 oz water and instill before bedtime. After 2 weeks add 100-200 mg artemisinin. After yet another 2 weeks add 1-2 grams Mimosa Pudica.

Oral: freeze dried garlic 2-3 caps 3-4 times per day

Mimosa Pudica 1-2 grams 3-4 times per day. Start with lower dosages, gradually increase. Most treatments should be repeated 6 week courses, over 2-3 years in the chronically ill.

Medical drugs can be very helpful. Many of them have anti-Lyme or anti Babesia effects: Alinia, Albendazole, Metronidazole, Ivermectin, Biltricide

Nuclear Weapons and Neglected Diseases: The “Ten-Thousand-to-One Gap”. **PLoS**; Negl Trop Dis 4(4): e680; Hotez PJ (2010)

Abstract: **Each of the 11 nuclear weapons states** also suffer from high rates of neglected tropical diseases (and related neglected infections of poverty), defined as chronic and **debilitating parasitic** and other infectious **diseases** that occur in association with extreme poverty. In addition to their health effects, the neglected tropical diseases also cause poverty through their ability to **impair child physical and intellectual development, pregnancy outcomes, and worker productivity**, while simultaneously promoting conflict and war through their agriculturally and socially destabilizing effects.

Although it is common to think of neglected diseases as confined to low-income countries in sub-Saharan Africa, Southeast Asia, and Latin America, as shown in these infections also exhibit a high prevalence in middle-income countries such as China, India, Pakistan, North Korea, Iran, and Syria, as well as **in selected areas** of poverty found **in the US**, Russia, and Eastern Europe. Indeed high neglected disease burdens are present in all of the nuclear weapons states, **particularly the helminth infections, leishmaniasis and Chagas disease, toxoplasmosis, and trachoma.**

[N Engl J Med](#). 1992 Sep 3;327(10):692-5.

Neurocysticercosis in an Orthodox Jewish community in New York City.

[Schantz PM](#), [Moore AC](#), [Muñoz JL](#), [Hartman BJ](#), [Schaefer JA](#), [Aron AM](#), [Persaud D](#), [Sarti E](#), [Wilson M](#), [Flisser A](#).

Division of Parasitic Diseases, Centers for Disease Control, Atlanta 30333.

Abstract

BACKGROUND AND METHODS:

From June 1990 through July 1991, intracerebral infection with the larval stage of the pork tapeworm *Taenia solium* was diagnosed in four unrelated persons in an Orthodox Jewish community in New York City. None of the patients had eaten pork, and only one had traveled to a country in which *T. solium* infection was endemic. We investigated this outbreak, screened serum samples from family members and household contacts for antibodies to cysticercosis, and examined stool specimens from household employees for eggs of taenia species.

RESULTS:

The four patients had recurrent seizures and brain lesions that were radiologically consistent with the presence of cysticerci. The diagnosis was confirmed in two patients by a brain biopsy, and in two by immunoblot assays for cysticercus antibodies. Of 17 immediate family members screened serologically, 7 from two families had cysticercus antibodies. Magnetic resonance imaging of the brain showed cystic lesions in two of the seropositive family members, one of whom had had a seizure. Examinations of six domestic employees from all four households revealed an active infection with taenia species in one and a positive serologic test in another. Since these women had recently emigrated from Latin American countries where *T. solium* infection is endemic, they were the most likely sources of infection in the members of these households.

CONCLUSIONS:

A diagnosis of neurocysticercosis should be considered in patients with seizures and radiologic evidence of cystic brain lesions, even in those who do not eat pork and who have not traveled to a country in which *T. solium* infection is endemic. Recent emigrants from countries in which *T. solium* infection is endemic should be screened for tapeworm infection in their stools before they are employed as housekeepers or food handlers.

5. Microcirculation/CCSVI

Chronic Lyme patients have a compromised microcirculation, not only in the brain but also in the periphery. Restrictions of venous blood outflow from the brain are very common (CCSVI)

- Sockeye salmon cleanest unprocessed vibrant fish oil (not a solvent-cleansed product like many others). Lowers triglycerides, increases cell membrane fluidity and is anti-arrhythmic. Improves micro-circulation. Clean, pure, effective. 2 caps 1-3 times per day
- CES!
- PC Ecklonia Cava (see above). Heals inner lining of blood vessels
- Freeze dried garlic. 2-3 caps tid
- VascuFlow (coming): MK-7 Vit K2 extract + subfraction from Nattokinase
- Homeo K Flow (www.BioPure.eu): 6 drops twice daily
- Bee venom ointment: increases collateral circulation when applied to anterior neck 2-3 times per day
- Cistus tea: 6-8 cups per day

Left: Stenosis at the stump of the LIJV with collateral input
from the vertebral system

Right: String like jugular in the RIJV



6. Mitochondrial Health

Galaktose: feeds mitochondria but bypasses all insulin dependent mechanisms that other sugars or fats depend on. 2-3 tsp/day

Deep Purple: 2 fruits with the worlds highest anti oxidant effects: Acai, pomegranate and plum

Klinghardt Lyme cocktail: many pathogens are known to invade and block the mitochondria (i.e Ehrlichiosis)

7. Biofilm

Cistus tea. Brew same pot 3 times. Each brew contains other plant adaptogens and biofilm breakers. Drink 6 – 8 cups per day. Best to be on fat free Mc Dougall diet for initial 3 months of Lyme treatment

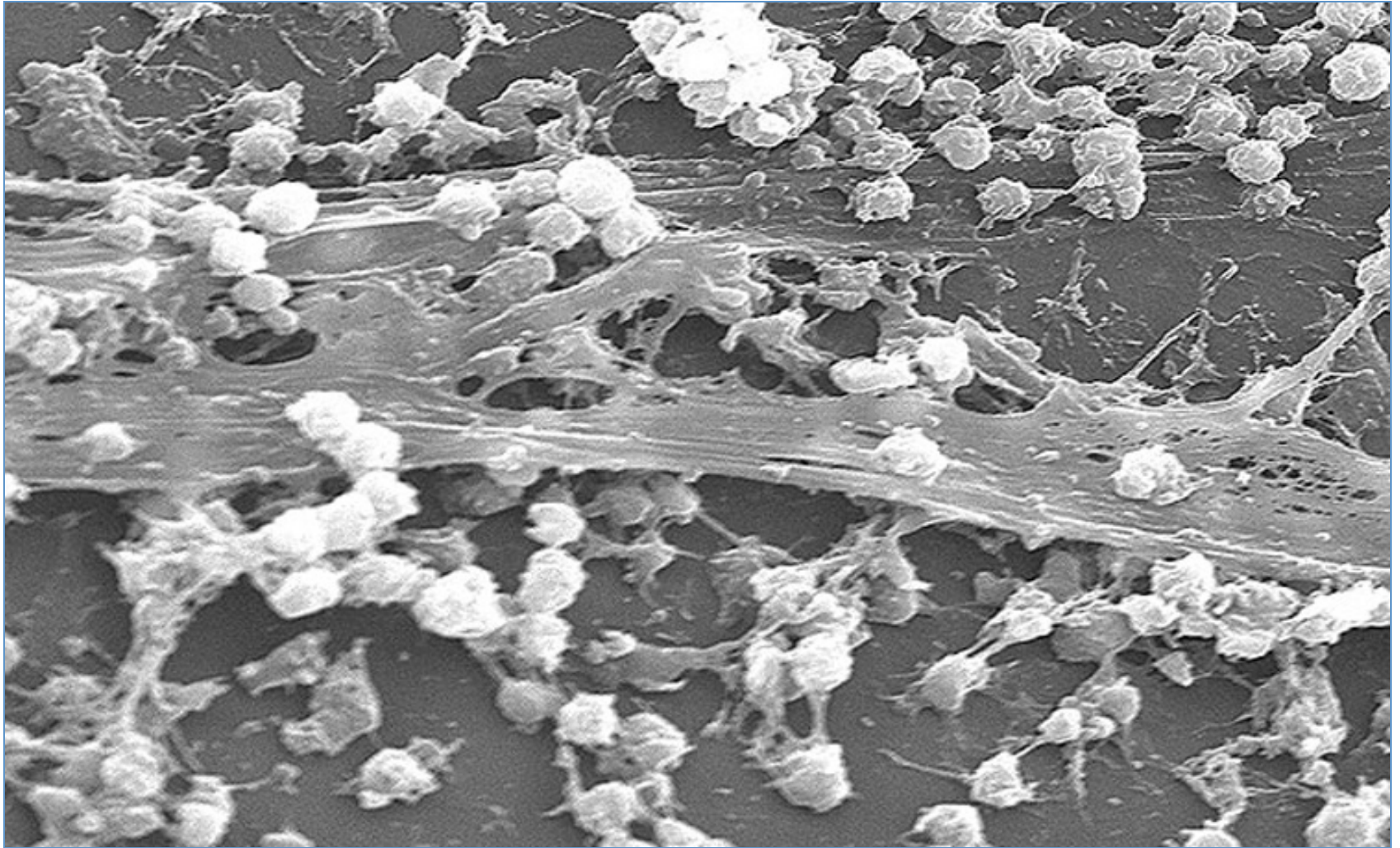
8. **Collagen breakdown** (often Lyme related): joints, aches, teeth, nails and hair.

Hyaluronic acid: 2 pipettes sublingually twice daily away from food.

Excellent as bait to bring spirochetes out of hiding. Wonderful for facial beauty if applied at night to face, back of hands and anterior neck.

Homeo K Spring is an ideal partner. 10 drops tid

Biofilms on internal surfaces



Bartonella striae: collagen breakdown

18 y.o with Bartonella



9. Sleep:

- PC Ecklonia Cava 4-6 caps 30 min before bedtime.
- Homeo K Mela works well (10 drops), when melatonin has failed (most the time)

You may add

- 100-200 mg 5-HTP,
- 60-80 mg Lithium orotate and
- up to 3 grams l-tryptophane
- CES is a must
- Homeopathic arsenicum album 30 c or Belladonna 10x before bedtime can be huge.
- Enhance sleep with Homeo K Spring taken also at bedtime.
- Homeo K ADH stops the Lyme patients from having to urinate at night and improves depth of sleep.
- You have to switch off the fuses for the whole house and may need microwave protection (sleep sanctuary from www.little treegroup.com).

10. Biological Lyme Cocktail (BLC)

This remedy is based on 160 lbs body weight . The dosage has to be adjusted according to the weight of the child/person. The KLC has helped many Lymies and autistic children to improve significantly. Make the drink, keep in fridge , take 1/3rd am, 1/3rd at noon and 1/3rd in early evening

- 200-600 mg Artemisinin powder, 15 -20 ml Phospholipid Exchange or 2 scoops LipoHealth, Vit C powder 4000 mg, Quintessence (Lyme, Ehrlichia, Bartonella) 6-8 dropperfull, Mimosa Pudica (worms, neuro regenerative): 2 Grams
 - Step 1: with 30 ml water in blender at high speed.
 - Step 2: to make liposomal compound, pour into “Ultrasonic cleaner “ and vibrate for 12 minutes
 - Step 3: add back into blender, then add
- D-galactose : 5 grams (increases ATP dramatically)
- 30 drops 25 % Propolis Tincture (anti-viral, restores MSH)
- 15 -25 ml Rechtsregulat (enzyme mix to break biofilm)
- Turmeric powder 2000 mg or 200 -400 mg curcumin (detox, anti-inflammatory) – sometimes not tolerated for too long. Take breaks!
- Deep Purple: Acai/pomegranate powder (anti-microbial, harmonizes all systems) 1 -2 heaping tsp
- ½ glass grapefruit juice (ensures continued artemisinin absorption)
- ½ glass water or best: ½-1 glass Cistus tea as additional biofilm breaker(BioPure.eu)
- 1 apple/1 orange for fiber, nutrients and taste

Optional:

- GSE - grapefruitseed extract (anti-microbial, anti-biofilm) 10 drops, freeze dried garlic: 4 capsules; “Neem Synergy”: 2 caps three times/day (only 6 weeks); Protein powder (collagen is best)
- *Drink this 5 days on, 2 days off. 3 weeks on, 1 week off. Most products from BioPureUS.com. Detox agents and binders (chlorella, MicroSilica, clay, zeolite, charcoal, etc.) should not be taken at the same time*
- *Ideally: MicroSilica 1scoop (100 mg) is taken 1 hour after each cocktail drink to scoop up the fallout. Chlorella can be used as a less potent alternative (15-60 tbl)*

- Be well
- Find good help
- Focus on being healthy, not the illness
- Accept your fate – your parents, your financial restrictions, your ability level
- Don't accept your suffering - change it
- Within all your limits: find the joy again of being here, the celebration, the learning, the wonder, the madness

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www.KlinghardtInstitute.com